

# Cath's Meal Plan June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Muffin Surprise
2 Roast Beef	3 Haystacks	4 Veggie Pasta Bake, salad	5 Thai Fish Cakes, salad	6 MOO Pizza	7 Chicken Kiev, rice, salad	8 Soup & Crumpets
9 Roast Chicken	10 Rissoles, veggies, onion gravy	11 Grilled Chicken Pesto Pasta	12 Kransky, potato bake	13 MOO Pizza	14 Leftovers, french bread	15 Cheesy Filled & Grilled Quesadillas
16 Roast Lamb	17 Lamb fritters, salad	18 Spag Bol, salad, garlic bread	19 Chicken pies, vegetables	20 MOO Pizza	21 Curried chicken & noodles	22 Hamburgers
23 Roast Chicken	24 Baked Chicken Enchiladas	25 Lasagne & salad	26 Schnitzels, veggies, tomato gravy	27 MOO Pizza	28 Soup & crumpets	29 Chicken Pies
30 Roast Beef						

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